

**Agape House of Worship**  
**Wednesday Bible Study – January 14, 2026**

**Study Series: Prepared for New Things: Fasting, Prayer, and the Pathway to Greater Works**

**Part 2: Jesus, the Pattern for Greater Works**

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### **I. The Fast That Launched a Destiny**

**Romans 8:29** *“For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters.”*

Jesus is not just our Savior; He is our *Prototokos* (Firstborn/Pattern) As the Prototokos, Jesus is the "model" or "prototype" of what it means to be a son or daughter of God. He sets the template for the life, character, and spiritual discipline required of his "brethren". Hence, if the Son of God required a season of fasting before launching His public ministry, we cannot expect to fulfill our divine assignments on earth without similar discipline.

### **II. Full Yet Still Fasting: The Preparation of the Spirit**

Before launching His public ministry, Jesus was led by the Spirit into the wilderness for a 40-day fast to achieve spiritual preparation, mastery over the flesh, and empowerment for His assignment. It is fair to imagine that such discipline should not be required from him as the Son of God; however, He fulfilled these requirements as the Son of Man to establish a pattern of righteousness and serve as a relatable example for all to follow, a principle He affirmed during his baptism in Matthew 3:14–15.

**Luke 3:21-22** *“When all the people were baptized, it came to pass that Jesus also was baptized; and while He prayed, the heaven was opened. 22 And the Holy Spirit descended in bodily form like a dove upon Him, and a voice came from heaven which said, “You are My beloved Son; in You I am well pleased.”*

**Luke 4:1** *“Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit [a]into the wilderness”*

- **From Fullness Usefulness:** Luke 4:1 notes that Jesus was "full of the Holy Spirit" *before* He was led into the wilderness. We don't fast to "get more" of God; we fast to "give more" of ourselves to Him. Fasting is the intentional emptying of the self to make room for the manifestation of the Spirit already within us.
- **The Holy Spirit as the Guide:** Jesus was "led by the Spirit" into the fast. True fasting is not a work of the flesh or a religious ritual; it is a response to a divine invitation. If you follow the leading of the Holy Spirit, fasting will be part of your regular life. *Luke 5:35 “But the days will come when the bridegroom will be taken away from them; then they will fast in those days.”*
- **Anointing vs. Discipline:** Jesus had the "Open Heaven" and the Father's vocal approval (Luke 3:22). Anointing does not exempt us from discipline; it qualifies us for it. Discipline (fasting) protects the anointing from being sabotaged by the flesh.

**Question:** How can we distinguish between a "religious ritual" (fasting because we feel we have to) and being "led by the Spirit" into a fast?

### **III. Identity Before Activity: The Testing Ground**

Jesus' 40-day fast was accompanied by a season of spiritual testing and preparation detailed in Luke 4:1-13. These accounts specify three distinct tests presented by Satan. One of those is a test of his identity as the Son of God.

**Luke 4:3, 4, 9** *“3And the devil said to Him, “If You are the Son of God, command this stone to become bread....  
“4 But Jesus answered him, saying, “It is written, ‘Man shall not live by bread alone, [b]ut by every word of God.....  
9 Then he brought Him to Jerusalem, set Him on the pinnacle of the temple, and said to Him, “If You are the Son of God, throw Yourself down from here. 9NKJV)*

- **The Target of the Enemy:** Notice the devil's recurring phrase in his temptation of Jesus: *"If you are the Son of God..."* Spiritual warfare often targets **Identity** before **Activity**. If the enemy can make you doubt *who* you are, he can stop *what* you do.
- **Fasting as a Clarifier:** Physical comfort can be a significant spiritual distraction, leading to complacency, idleness, and misplaced focus. Hunger strips away the distractions of physical comfort. Fasting forces us to rely on the "Rhema" (spoken word) of God rather than physical bread (Luke 4:4). It proves that our life is sustained by our relationship with the Father, not our own resources.
- **Settling the Assignment:** Jesus refused to use His power for self-gratification (turning stones to bread) or self-exaltation (jumping from the temple). Identity is settled in the secret place (the fast), so it doesn't have to be proven in the public place (the ministry).

**Question:** Jesus refused to prove His identity through public miracles (jumping from the temple). How does settling our identity in the "secret place" of fasting prevent us from seeking human approval in our "public" service?

#### IV. Power After the Fast: The Shift from "Full" to "Power"

**Luke 4:14** *"Then Jesus returned in the power of the Spirit to Galilee..."*

- **Look at the Language Shift:** In Luke 4:1, Jesus is *Pleres* (Full) of the Spirit. In Luke 4:14, Jesus returns in the *Dunamis* (Power/Ability) of the Spirit. Fasting is the bridge between being "filled" (internal state) and "empowered" (external impact).
- **Consecration Precedes Manifestation:** The "Greater Works" require a level of authority that only comes through "prayer and fasting" (Matthew 17:21). Public miracles are the result of private consecration. If you want to see the "Galilee" results (fame, healing, deliverance), you must embrace the "Wilderness" process.

**Question:** Discuss the difference between being *Pleres* (full/internal state) and *Dunamis* (power/external impact). Why is "fullness" alone not enough for impact?

#### Conclusion:

Fasting is a spiritual discipline intended for personal transformation and alignment rather than a means of divine manipulation. It's important to note again that fasting is not a way to move the hand of God; it is a way to move us into a position where we can handle the power of God.